Amendments to the Claims:

Please amend the claims to read as follows:

Claims 1 -39 (cancelled).

40 (new). A method of coupling light from an optical header having a light source and a detector to an optical fiber having an inner reflective surface, the method comprising the steps of:

producing a light from the light source such that the light impinges upon the inner reflective surface to thereby form a first light component that is reflected substantially along the longitudinal axis of the optical fiber and a second light component that is transmitted through the inner reflective surface to the detector; and

monitoring the second light component at the detector to thereby indicate the intensity of the light emanating from the light source.

41 (new). The method of claim 40 further comprising the step of placing the optical fiber in a groove prior to the aligning step.

42 (new). The method of claim 41 wherein the aligning step comprises axially moving the optical fiber in the groove.

43 (new). The method of claim 42 further comprising the step of axially adjusting the optical fiber through movement within the groove in response to the monitoring step.

44 (new). The method of claim 43 wherein the adjusting step comprises maximizing the intensity of the light monitored by the detector.

45 (new). The method of claim 40 further comprising the step of controlling the light source as a function of the intensity indicated in the monitoring step.

46 (new). A header for a fiber optic array comprising a plurality of optical fibers, each optical fiber having a reflective surface and a longitudinal axis, the header comprising:

a plurality of light sources configured to provide a light to the plurality of optical fibers, wherein each light source is aligned proximate to the reflective surface of a corresponding one of the plurality of optical fibers; and

a detector located opposite the plurality of optical fibers from the plurality of light sources;

wherein the light from the plurality of light sources impinges upon the plurality of optical fibers such that a first portion of the light is reflected substantially along the longitudinal axes of the optical fibers, and such that a second portion of the light is transmitted through the reflective surfaces to the detector.

47 (new). The header of claim 46 further comprising a light transmission medium displaced between the plurality of optical fibers and the detector to transmit the second portion of light to the detector.

48 (new). The header of claim 47 wherein the light transmission medium comprises a prism.

49 (new). The header of claim 47 wherein the light transmission medium comprises a glass plate.

50 (new). The header of claim 47 wherein the light transmission medium comprises an optical grade epoxy.

51 (new). The header of claim 46 wherein the plurality of light sources comprises a plurality of vertical cavity surface emitting lasers (VCSELs).

52 (new). A header for a fiber optic array comprising a plurality of optical fibers, each optical fiber having an end with a reflective angled surface and a longitudinal axis, the header comprising:

a plurality of VCSELs configured to provide a light to the plurality of optical fibers, wherein each light source is aligned proximate to the end of a corresponding one of the plurality of optical fibers;

a detector located opposite the plurality of optical fibers from the plurality of VCSELs;

a light transmission medium between the plurality of optical fibers and the detector, wherein the light transmission medium comprises a prism configured to interface with the angled surfaces of the plurality of optical fibers; and

wherein the light from the plurality of VCSELs impinges upon the plurality of optical fibers such that a first portion of the light is reflected substantially along the longitudinal axes of the optical fibers, and such that a second portion of the light is transmitted through the light transmission medium to the detector.